



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Janssen, Sylvia

Club: Tri-Team TV Schiefbahn

Number: 65

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 18:24

Speed: 13.04 km/h

Running performance: 4:36 min/km

Rank in course/Total: 85 (of 389)

Rank in course/Women: 17 (of 140)

Best time in course: 14:03

Rank in category: 2 (of 39)

Best time in the category: 15:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde	2.00	8:59	4:29	2	1:18	18	2:00	2.00	8:59	4:29	30			18	
Leichtathletikhalle	2.00	9:25	4:42	2	1:27	19	2:21	4.00	18:24	4:35	2	2:45	17	4:21	